

# Family Disaster Planning



# Introduction

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- This guide is based on the most reliable hazard awareness and emergency education information available at this time.
- An all-hazards approach to becoming prepared in an emergency event is how you should approach your family emergency planning.
- Plan to be self-sufficient for several days without help or emergency services.

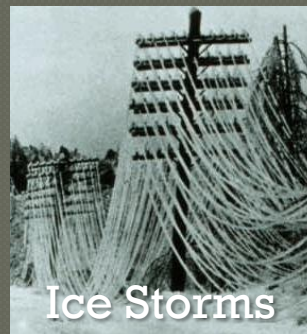
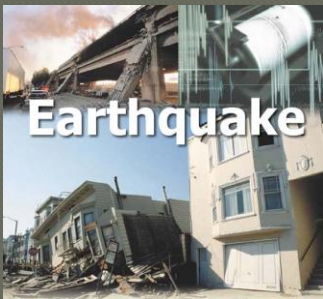
# Objectives

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- Prepare you for creating an all hazards plan.
- Provide you understanding on your community's plan.
- Guide you in creating a disaster preparedness kit.

# Be Informed

- Learn the hazards that can strike your community, the risk you face from these hazards, and your community's plan for warning and evacuation. You can obtain this information from your local emergency management office.
- You should also know what plans are in place at your workplace and your children's school.
- Learn the definition of the community safety instructions.
- Keep in mind that emergency responders and law enforcement may not be able to get to you during a disaster. Hospitals may not be accessible.



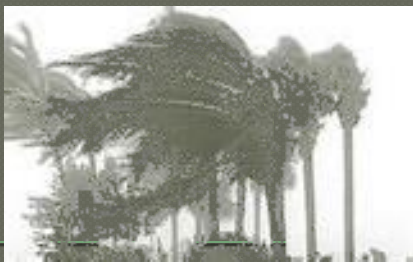
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# Be Informed

- Familiarize yourself with terminology used in an emergency event. Such as;
  - *Shelter in Place* - Whether you are at home or somewhere else, there may be situations when it's simply best to stay where you are and avoid any uncertainty outside.
  - *POD* - Point of Dispensing is a location that you will be instructed to go to for medication in the event of a terrorist attack or a pandemic. Much like what LMPHW and U of L held for dispensing H1N1 vaccine in 2010.
  - *Evacuate* - Emergency shelters may be set up in schools, churches, municipal buildings, etc., in your community.







# What IF...

- If given an evacuation order, would you know that you need to:
  - Turn off the gas, electricity and the water before you leave your home.
  - Take your medicines and any other medically issued devices you use on a daily basis with you to the shelter.
  - Take a sheet, blanket, pillow, wash cloth, extra clothing.
  - Secure your pets. In most cases your community's disaster plan has options for pets.
- If a disaster strikes, phone services may be down for quite some time.
  - Have you designated someone out of your area as your families emergency contact.
- Neighbors helping Neighbors can be critical in an emergency. Know your neighbors.

# Make a Plan

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- *Create a support network* - If you know you will need help to cope in an emergency, you must establish a personal support network. Share your plans, exchange important keys, know each others needs. This relationship should be mutual.
- *Create an evacuation plan* - Share copies of that plan with family members and friends. *Most important*, have a meeting place for family members to gather in your plans.
- *Create a contact list* - Phone numbers of family, friends and others should be exchanged with family and friends.
- *Pets* - Don't forget about making plans for your animals. Planning ahead would eliminate stress on them and you.

# Plans should include...

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- ◉ An escape route
  - Mark escape routes from each room on a floor plan of your house.
  - Establish a place to meet in the event of an emergency (i.e. a relatives house or the corner store).
- ◉ Family communications
- ◉ Utility Shut-off and Safety
- ◉ Insurance and vital records
- ◉ Special needs
- ◉ Caring for your pets



# Make a Disaster Supply Kit

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- ◉ The first step to putting together a kit is to consider how an emergency might affect your individual needs.
- ◉ It is crucial that you, your family, your friends, your caretakers think about what kinds of resources you use on a daily basis and what you would do if they were limited or not available.
- ◉ Plan to make it on your own for at least 3 days. And it is possible that you will not have access to a medical facility or even a drugstore.

# Basic Supplies

- ◉ **Water** – 1 gallon per person, per day for at least 3 days.
- ◉ **Food** – non-perishable for 3 days. Don't forget the can opener.
- ◉ **Flashlight** with extra batteries
- ◉ **Weather Radio** with extra batteries
- ◉ **First aid kit**
- ◉ **Whistle** – to signal for help
- ◉ **Dust mask** to help filter contaminated air
- ◉ **Plastic sheeting** and **duck tape**.
- ◉ **Moist toilettes, garbage bags and plastic ties, toilet paper** for personal sanitation.
- ◉ **Wrench or wire pliers** to turn off utilities
- ◉ **Local maps**
- ◉ Don't forget **pet food** if you have pets or service animals.
- ◉ Your **medical records**
- ◉ **Extra clothing**
- ◉ **Vital Records**
- ◉ If you have an infant or toddler, **include extra diapers and other infant care supplies**

Also Medication and Medial Supplies

- ◉ Maintaining a 3 day supply of medicine would be helpful.
- ◉ You should also keep a copy of your prescription in your emergency kit.



# Tips for People with Mobility Impairments

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- Store a lightweight manual wheelchair.
- Keep a heavy pair of gloves in your supply kit to use when making your way over glass and debris.
- If you use a motorized wheelchair consider having another fully charged battery.
- Also keep a tire patch kit and extra inner tub for your wheelchair.



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# Essentials and Emergency Documents

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- An emergency health card should be kept in your kit as well. The card should include information like;
  - Medication and dosage
  - Equipment you use
  - Allergies and sensitivities
  - Any communication difficulties
  - Preferred treatment, medical providers and important contact information.
  - Emergency contact information –
    - Doctors
    - Hospital
    - Ambulance Service
    - Medical equipment vendors
    - Pharmacy



# Communication is the KEY

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- Your family and friends should know your plan.
- Your family and friends should practice your plan.
- Family members and friends should have each other's contact information *in town*.
- The plan should reflect a point of contact of a family member or friend *out of town*.

**Communication is the key**

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# Additional Resources

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- ◉ [www.redcross.org](http://www.redcross.org)
- ◉ [www.aspca.org](http://www.aspca.org) – The American Society for the Prevention of Cruelty to Animals
- ◉ <http://emergency.cdc.gov>
- ◉ [www.fema.org](http://www.fema.org)
- ◉ [www.noaa.gov](http://www.noaa.gov)
- ◉ [www.ready.gov](http://www.ready.gov)
- ◉ <http://chfs.ky.gov/dph/epi/preparedness/paflu/links.htm>
- ◉ <http://www.louisvilleky.gov/Health/>

# Courtesy of ...

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## **Louisville Metro Public Health & Wellness**

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